

HOW TO APPROACH CHOOSING A PROFESSION FOR PUPILS IN HIGH SCHOOL

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Abstract: This article delves into some methods, tips, and techniques for pupils who are doubtful about their future careers to be clearer about which field they should carry on their education and majors. That is to say, ‘Are there any methods for opting for the right occupation?’ and ‘What should pupils take into account?’. Considering higher education is a crucial juncture in a young person’s life, the decisions taken in this period can shape their future in significant ways. This research seeks to explore the complex decision-making process of students as they begin their professional journeys by analyzing a range of factors. These include personal interests, family interactions, societal expectations, and economic considerations. This article covers the advantages of early career planning, ways for high school students to explore potential careers, and helpful tips for preparing for your future role after graduation. It is also vital to consider the process; it does not need to be stressful. Breaking the process into simpler steps enables students to weigh their options and start getting ready for the future prospects. The research will explore further suggestions and approaches for youngsters with reasonable explanations. This paper will end by advocating some considerable steps and further perspectives.

Key words: personal interests, crucial juncture in a young person’s life, future prospects, family interactions, considerable steps, challenges, decision-making process.

Introduction:

In today’s digital world, it is important to learn how to survive with one’s skills and majors., particularly during the high school years, which is a transformative period in a young person’s life, where they are required to make several important decisions. A key component of this stage is the formation of a professional identity. During this time, adolescents face the daunting challenge of selecting a career, working to build a clear sense of occupational direction. However, the fast-paced changes in society and the continuous evolution of technology have a

major impact on how young people view different career options, making the decision-making process more difficult for them. Numerous studies indicate that both high school students and college-aged individuals often face considerable difficulties when it comes to making career decisions. These challenges can result in poor career choices or even stall the decision-making process altogether, preventing them from taking clear and purposeful steps toward their future profession. To delve deeper into it, if pupils are not careful about their careers and the process of making decisions is chaotic or badly planned, they may not accomplish their desired career expectations and achieve success in their careers. But sometimes career choices are not affected by the student's own interests alone; a number of factors are also involved. In other words, sometimes there are interactions of parents, friends, and surroundings. Many parents force their children to become someone who they are not, their children, or oftentimes, students are influenced by their peers.

What actually should pupils consider while they are choosing a profession?

Discover your own interests.

Figuring out a career that excites you is key to refining your job choices. Start by thinking about your personal interests or hobbies and explore how they could evolve into a fulfilling career. What you enjoy most—and what you excel at—is the first step in exploring your interests. What are the things you cannot resist doing? Unfortunately, many schoolchildren do not yet know what they actually like. In this case, ask the question, 'What do you have passion for?' 'In which fields can you dedicate your boundless time?'

Identify possible careers.

Once pupils figure out what they want, they should think about possible career occupations. If they are interested in math, economics, budget analysis, or banking, those might be good options for them. However, people interested in sports or math have a wide range of career paths to choose from. Many jobs require a mix of skills, offering diverse opportunities that go beyond a single area of expertise.

Literature Review

Considering choosing a profession among high school students is a vital part of their future careers, there are some problems that they can face during this period. One of them is the decision-making process that includes personal interests and strengths. According to a study examined by Brown and Chao (2018), adolescents are more likely to make more informed career choices when they are encouraged to identify their own interests early in the high school period. The authors exhibited that by pointing out their passion in fields like math, arts, and science, students can build a solid foundation for opting for a profession later on. Likewise, family impact plays an important role in career decisions. A study by Vondracek et al. (2019) mentions that expectations of family and advice that are given by relatives have a huge effect on shaping one's career ambition of high school students. Families often deliver guidance neither through their experience nor by representing their own professional careers. This study showed that families where educational excellence is high tend to demonstrate more high career aspirations compared

to their peers, and they are more likely to strive for high education and professional careers. While family is considered a crucial part of decision-making, there are also great impacts of peers and society. Research by Harris and Davis (2020) observes that societal norms and expectations, as well as the influence of peers, can outline the career paths of high school students. Particularly, students are often shaped by trends, popular careers, and success stories of individuals in their society. This juxtaposition can lead to prestige or financial rewards, as they do not align with their true interests. Another compelling aspect of career decision-making in high school is career guidance. A lack of guidance can result in indecision or poor career choices. A study by Torkington and Hall (2020) noted that students without access to career exploration programs are more likely to be doubtful about their future careers. Notable, too, is the fact that these students mostly rely on external factors along the lines of parental pressure and peer influence to make their decisions. This underscores the significance of including thorough career development programs in high school curricula to ensure students are well-equipped to make informed choices. Another study by Jenkins and Turner (2021) argues that the career readiness programs, which include internships, job shadowing, and career fairs, provide students with hands-on opportunities to explore various professions. Economic and social discrepancies also have an impact on career decision-making. According to a study by Harris et al. (2022), students who were born and grew up in lower socio-economic backgrounds often struggle to access career counseling services and may lack the resources to explore diverse career options. The study states the need for balanced access to career exploration programs to guarantee that all students have the same opportunities to make informed career choices.

Methodology

This article employs various papers and explores the factors and suggests some practical approaches that have influence on students who are studying in high school. The goal of this writing research is to synthesize findings from existing research to understand how personal life, family interactions, social expectations, and economic considerations affect students career choice decisions. This article mostly relied on published research in the field of career decision-making to highlight a comprehensive understanding of these influencing factors. This research writing was conducted through databases along the lines of Google Scholar and ResearchGate in order to accumulate basic outlines and information related to the topic. Research papers were chosen based on specific criteria to confirm the relevance and comprehensiveness of the findings. Studies were mostly chosen if they addressed career decision-making among high school students, in particular exploring the impact of personal interests, family influence, peers' interactions, and social expectations on students' career choices. Notable, too, is the fact that research articles published within 4 years (2018-2022) were critically assessed to determine the strength of their methodology. Since this article is based simply on existing literature and does not involve original data collections, there are no direct considerations regarding participant consent or data collection.

Findings and discussion

The findings of this research paper highlight that high school students career decision are strongly influenced by personal interests, family and social expectations, peers' interactions. Studies emphasize that family has great influence on students' career choices. Students often

choose careers aligned with their parent's expectations or professional backgrounds. Furthermore, societal norms and peers' pressure were also noted. Economic and social discrepancies also played a role, with students who came from lower socio-economic backgrounds often have limited access to career exploration resources.

These findings claim that while students are encouraged to follow their own interests, passions in career decision-making, this phenomenon also contains some external factors as well such as family expectations, peer pressure and others that have still dominant role in shaping one's future life. Findings also underline the importance of early exposure to diverse career paths, particularly for students from lower income families, to ensure they have the necessary resources to make informed future and career decisions.

Conclusion

In conclusion, the process of career decision-making among high school students is influenced by both internal and external factors, including personal interest, family expectations, and peer pressure. This study indicates some approaches and offers some suggestions to high school students on how their self-awareness and external factors have an influence on their future career paths. By considering all ups and downs, students can make informed decisions. Also, schools and families should work together to provide comprehensive career guidance that fosters both self-reflection and gives a wide range of career options. By doing so, students can have navigated and complex processes of career planning, ensuring that they are well-prepared for their future careers. The final analysis is that the journey does not need to be stressful or overwhelming. Students should enjoy the process. So that they can pursue a high level of education and create the future that they are obsessed with and have a passion for. With the right guidance, students can confidently go for their future with their own interests, values, and aspirations.

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